Panther Valley Junior-Senior High School

FOUNDATIONS OF FAMILY & CONSUMER SCIENCES

Course 8000 | Section 2

Teacher:	Mr. Costa	**School Year:**	2025 – 2026
Phone:	570.645.2171	**Period:**	2
Teacher Email:	costaj@panthervalley.org	**Room:**	44

Course Description

Using a workshop approach, this course provides students with training and guidance through many skills they will need for adulthood. Key concepts will be applied in realistic contexts through hands-on activities. **This is a .5 credit, 1 semester course.**

Course Outcomes

1. Analyze the dynamics of healthy interpersonal relationships.
2. Evaluate housing options based on budget, lifestyle, and safety needs.
3. Demonstrate basic sewing skills and clothing care.
4. Apply knowledge of food safety and dietary needs to meal planning.
5. Describe the skills involved in caregiving, emphasizing empathy and safety.
6. Demonstrate effective verbal and nonverbal communication skills across contexts

Textbook

Instructor handouts will be provided in lieu of a textbook.

Required Supplies

Each student must bring a writing utensil to every class.
A folder for each student will be provided and must also be brought to every class.

Grading Policy

10% Homework Assignments – either online or printed.
15% Class Work – including collaborative and independent assignments.
35% Lab/Project Grade – specific requirements will vary for each lab and project.
15% Tests – each unit will conclude with a test.
25% Behavior – considers attendance, participation, behavior, and tardiness.

While many resources will be posted online in Google Classroom, there will also be a lot of printed materials provided in this class. Please keep all handouts in your folder!

Flexible Instruction Days ("FID") assignments must be completed on the day assigned.

Course Outline

- Relationships
- Housing
- Safety Considerations
- Sewing and Garments
- Cooking
- Caregiving
- Communication

Classroom Rules

1. Follow directions!!!
2. Be in your seat when the bell rings!!!
3. Keep hands, feet, and objects to yourself!!!
4. No foul language, teasing, or put-downs!!!
5. No unauthorized use of technology!!!

Consequences

1. Warning
2. Student-Teacher Meeting
3. Write Up
4. Send to Office
   Severe clause: call security and send directly to principal!

Policies and Procedures

Bullying: There is a zero-tolerance policy for bullying or harassment. Students who feel that they are being bullied should speak with Mr. Costa immediately after class.

Safety and Sanitation: Hands must be washed before and after working with food. All students are required to pass the "Basics for the Kitchen" test.

Mobile Devices: "Put your phone away" means putting the phone in your pocket and keeping it there. Turning it over or putting it on your lap is considered defiance and will lead to disciplinary action.

Hall Passes: Each student gets *one pass* per week. Passes are only granted for *legitimate purposes*. Visiting coaches, the gym, Panther Den, or the ROTC room, will not be permitted. Students cannot make a pass without approval.

Interruptions: Interruptions will not be tolerated. Please close the door upon exiting.

Accountability: Students are responsible for showing up to class on time, handing in assignments, and asking for help when needed. I expect you to be accountable, and you can expect me to be supportive, clear, and fair. There is no excuse for not trying.